




Monday	Tuesday	Wednesday	Thursday	Friday
4 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge Vegetable Cheesebake	5 Trip: Targets 10am Independent Artists 10am Senior Line Dance* Noon: Painting with Elaine 3:15 Tai Chi* 4pm Tai Chi* Roast Turkey with Gravy	6 9:30-10:30 Fitness & Nutrition* 11:00 Yoga 12:30 Bridge 1-3:00 Whist 1-2:00 Pilates 2:15-3:15 Modified Pilates Fish Victor	7 9am Men's Group 9am: Acrylic Painting* 9am: Bocce, Horseshoes 10:45am: Water Color* 1:00 Pitch Chicken L'Orange	8 9:30 Writer's Workshop 10:00 Cribbage 1:00-3:00 Busy Hands Hot Dog and Beans
11 Columbus Day All Municipal Offices Closed	12 Trip: Ocean State Job Lot 10am Senior Line Dance* 10am Spinal Screening 10-12 Independent Artists Noon: Painting with Elaine 1pm Hearing Screening 3:15 Tai Chi*, 4pm Tai Chi* Chicken Mornay	13 9:30-10:30 Fitness & Nutrition* 10-noon: Free Legal Clinic with Paula Smith 10-noon: COA Board Meeting 11:00 Yoga 12:30 Bridge 1-3:00 Whist 1-2:00 Pilates 2:15-3:15 Chair Pilates Salisbury Steak	14 9am Men's Group 9am: Acrylic Painting* 9am: Bocce, Horseshoes 10:45am: Water Color* 1:00 Pitch Pork Stir Fry	15 9:30 Writer's Workshop 10:00 Cribbage 10:00 Emergency Preparedness Event 1:00-3:00 Busy Hands Chicken Croquettes
18 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge Teriyaki Chicken	19 Trip: Solomon Pond Mall 10am Senior Line Dance* 10am Independent Artists Noon: Painting with Elaine 1pm: Friends of the Shrewsbury Senior Center, Inc. 3:15 Tai Chi*, 4pm Tai Chi* Stuffed Cabbage	20 9:30-10:30 Fitness & Nutrition* 11:00 Yoga 11am B. Pressure Screening 12:30 Bridge/1-3:00 Whist 1-2:00 Pilates 2:15-3:15 Chair Pilates (MOW Only: Café Closed)	21 9am Men's Group 9am: Acrylic Painting* 9am: Bocce, Horseshoes 10:45am: Water Color* 10am-noon: Financial Clinic with Cliff Jefferson 1:00 Pitch Salmon Boat	22 9:00 Rep. Polito Office Hrs 9:30 Writer's Workshop 10:00 Cribbage 11:30am: Lunch and Movie 1:00-3:00 Busy Hands Shepherd's Pie
25 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge Vegetable Lasagna	26 Trip: Auburn Mall 10am Independent Artists 10am Senior Line Dance* Noon: Painting with Elaine (No Tai Chi Classes) Chicken Cantonese	27 9:30-10:30 Fitness & Nutrition* 11:00 Yoga 12:30 Bridge 1-3:00 Whist 1-2:00 Pilates 2:15-3:15 Chair Pilates Roast Turkey	28 9am Men's Group 9am: Acrylic Painting* 9am: Bocce, Horseshoes 10:45am: Water Color* 1:00 Pitch Veal Parmesan	29 9am Newsletter Mailing 9:30: Writers Workshop 10:00 Cribbage 1-3 Busy Hands Meatballs
PLEASE NOTE: All special monthly activities, meetings and screenings appear in italics on the Calendar. Call the Senior Center at 841-8640 to sign up for screenings, clinics and special events. <i>The entrée at the Village Café is listed each day. Please call the Café Office at 508-841-8757 the business morning before to reserve your seat.</i>				
			Elder & Disability Law Advocates Guardianships Estate & Medicaid Planning Medicaid Benefit Applications Worcester (508) 755-6525	